













# Middle Eastern-Spiced Salmon Freekeh Bowl with Lemon Garlic Dressing

20-min



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.  
Thank you for your understanding & happy cooking!

-  Salmon Fillets, skinless
-  Freekeh
-  Corn Kernels
-  Lemon
-  Mayonnaise
-  Garlic
-  Parsley
-  Shawarma Spice Blend
-  Multicoloured Tomatoes
-  Vegetable Broth Concentrate

### HELLO SHAWARMA SPICE

*Our shawarma spice blend is a robust blend of dried mint, paprika, cinnamon, garlic, cumin, and cloves*

## Start here

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

## Bust Out

Baking sheet, measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Salmon Fillets, skinless	285 g	570 g
Freekeh	½ cup	1 cup
Corn Kernels	113 g	227 g
Lemon	1	2
Mayonnaise	2 tbsp	4 tbsp
Garlic	3 g	6 g
Parsley	7 g	14 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Multicoloured Tomatoes	113 g	227 g
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 70°C/158°F, as size may vary.

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## BROIL VEGGIES

Bring **2 cups water** (dbl for 4ppl) and **broth concentrate** to a boil over high heat in a medium pot. Meanwhile, toss together **tomatoes, corn, half the Shawarma Spice Blend** and **1 tsp oil** (dbl for 4ppl) on a baking sheet. Season with **salt** and **pepper**. Broil in the **middle** of the oven, stirring halfway through cooking, until golden, 7-8 min.



## MAKE DRESSING

While **salmon** cooks, roughly chop **parsley**. Zest, then juice **half the lemon**. Cut **remaining lemon** into wedges. Peel, then mince or grate **garlic**. Stir together **mayo, lemon zest, ¼ tsp garlic** and **½ tbsp lemon juice** (dbl both for 4ppl) in a small bowl. Season with **salt** and **pepper**.



## COOK FREEKEH

While **veggies** broil, add **freekeh** to the pot with **broth**. Reduce heat to medium-high. Cover and cook, until **freekeh** is tender and **liquid** is absorbed, 15-17 min. Meanwhile, pat **salmon** dry with paper towels. Sprinkle with **remaining Shawarma Spice Blend**, then season with **salt** and **pepper**.



## FINISH FREEKEH

When **freekeh** is tender, remove the pot from heat. Drain **excess water** and return to the same pot. Stir in **broiled veggies** and **half the parsley**. Season with **salt** and **pepper**.



## COOK SALMON

Heat a large non-stick pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4ppl), then **salmon**. Cook, until golden-brown and cooked through, 4-5 min per side.\*\*



## FINISH AND SERVE

Divide **freekeh** between plates and top with **salmon**. Dollop with **lemon garlic dressing** and sprinkle over **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

## Dinner Solved!